



Finding Meaning and Hope

Supporting families caring for people with memory loss, dementia, or another cognitive impairment

Become a facilitator for a unique program focusing on the caring family's experience: *Finding Meaning and Hope*. After attending a training session, you will be supported to facilitate *Finding Meaning and Hope* for groups of family caregivers in your community. Volunteers, health and social service professionals, and others committed to caregivers' well-being are invited to become facilitators.

What is it: *Finding Meaning and Hope* is a 10-week structured group discussion series based on the groundbreaking book, *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief* by Pauline Boss, Ph.D. This program features videos with Dr. Boss and families giving care as they talk about ambiguous loss, the myth of closure, complex grief, the family of your heart, and more. Trained facilitators use the videos to lead guided discussions that support caregivers as they gain insights, shift perspective, and build resilience.

Why it matters: When you lead a group of family members caring for someone with memory loss through *Finding Meaning and Hope*, you offer them vital tools to embrace the challenges and rewards of this life-changing experience.



Watch the Video Trailer

www.MeaningAndHope.org/Trailer



Are you ready to become a facilitator of hope?

**2026 Virtual Facilitator
Training Dates:**

February 17

June 9

August 20

October 27

**To Register &
Learn More:**

Email the Meaning & Hope Institute at
meaningandhope@duetaz.org or call Duet (602) 274-5022